



Maryland's APPLE CRISP

Maryland is positively loaded with orchards—and there's no better fall outing than a sunny day of picking your own crisp, juicy apples. Over a dozen varieties grow here, from mellow, yellow Golden Delicious and classic red McIntosh to snackingly sweet Gala and bracingly tart Jonathan. Pick lots: they make perfect lunchbox treats, and you can bake up any extras into this crunchy-topped dessert.



Dear Friends,

There is nothing like enjoying the value of the work it takes to make something yourself, and the joy of tasting something delicious that you've made together as a family.

As a mother of four, I know how important it is to have healthy meals with my family. Martin and I have a garden at home and we encourage Maryland families to improve their well-being, save money, and protect our environment by making healthy choices.

We hope you enjoy ChopChop Maryland.

Katie O'Malley,
 First Lady of Maryland



- ▶ **WASH** your hands with soap and water and dry them.
- ▶ **CLEAN** the counter top with a sponge.
- ▶ **GATHER** all your kitchen gear and ingredients and put them on the counter.
- ▶ **SCRUB** all the fruits and vegetables and lay them out on a dishtowel to dry.
- ▶ **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

KITCHEN GEAR

Cutting board
 Sharp knife
 (adult needed)
 Measuring cup
 Measuring spoons
 Mixing bowl
 8- x 8-inch baking pan
 Mixing spoon
 Metal spatula
 Potheadler

Cored
 means to cut out the seeds and hard parts from the inside.

INGREDIENTS

For the fruit filling:

- 5-6 apples, washed, peeled, if you want, cored, and chopped
- 1 tablespoon maple syrup, honey or sugar
- 1 tablespoon whole-wheat or all-purpose flour
- 1/2 teaspoon ground cinnamon

For the crisp topping:

- 3/4 cup whole-wheat or all-purpose flour
- 3/4 cup rolled oats
- 1/3 cup unsalted butter, melted
- 3 tablespoons sugar
- 1/4 teaspoon salt

INSTRUCTIONS

1. **With the help of your adult**, turn the oven on and set it to 350 degrees.
2. To make the filling: Put the apples, sweetener, flour and cinnamon in the baking pan and stir well.
3. To make the crisp topping: Put the flour, oats, butter, sugar and salt in the mixing bowl and mix until it looks like little pebbles. Pour the crisp topping on the apples and use your clean hands to move it around until the apples are evenly topped.
4. **With the help of your adult**, put the baking pan in the oven and bake until the top is lightly browned and the apples are tender, about 1 hour.
5. Set aside to cool a little bit. Serve warm or at room temperature or refrigerate and serve cold.

Connect with us!

To receive monthly recipes using Maryland ingredients, text **CHOPMD** to code **43186!**
 For **Spanish**, text **CHOPES** to code **43186**.

You will receive no more than 5 messages per month and you can stop at any time by sending STOP MD to 43186. Send HELP MD for help, or call 1-877-RIPROAD. Message and data rates may apply.

"HOW DO YOU LIKE THEM APPLES?"

MEANS "WHAT DO YOU THINK ABOUT THAT?"

KNOW YOUR APPLES

A medium-sized apple is:

- Fat-free.
- Salt-free.
- Cholesterol-free, and that's good for your heart.
- An excellent source of fiber, and that's good for your digestion.
- Easy to carry with you for a snack.



RED ROME

Firm and slightly tart. Excellent for baking and all cooking purposes. A great keeping apple.



JONAGOLD

Orange-tinted, tangy-sweet and juicy. Superb eating, cooking and pie-making.



RED DELICIOUS

Bright red, sometimes striped and heart-shaped. Eat plain, or add to salads.



GOLDEN DELICIOUS

Yellow, mellow and sweet. Great for munching, baking and salads.



McINTOSH

Bright red and pale green. Juicy and slightly tart. Great for eating fresh and baking.

BY THE NUMBERS:

There are over **7000** varieties of apples.

Apples are grown in all **50** states.

The largest apple ever picked weighed **3** pounds.

It takes about **36** apples to produce one gallon of cider.

Apples are related to roses. They are members of the same plant family.

Did You Know?

The science of growing apples is called Pomology.

Cut an apple in half crosswise, and you'll see its seed cases (called "carpels") arranged in a 5-pointed star.



SUBSCRIBE TO CHOPCHOP

The Fun Cooking Magazine for Families
4 great issues, just \$14.95!

To pay with a credit card, go to
chopchopmag.org

THE EXPRESSION
**"AN APPLE A DAY
KEEPS THE
DOCTOR AWAY"**

IS BASED ON
THE FACT THAT APPLES
ARE SO GOOD FOR YOU!